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Bangalore Mirror

TEMP Max 33 | Min 18 | Humidity 50% Clear with periodic clouds Sensex 76,863 | Nifty 23,866 | Gold 1,61,800 | Silver 2,66,700 | Dollar 92.22 | Euro 106.88 | GBP 123.57

GUT FEELING

Look what irregular eating habits, dependence on outside food and poor hygiene practices are doing to your gut

PAGE 2

KID YOU NOT

Mandate to urban authorities to create ward child status reports likely to throw light on situation of migrant children

PAGE 6

Cutting out elaborate dishes from their menus to shifting to wood-fire cooking and some even shutting shop temporarily — eateries in city doing all they can to face LPG cylinder shortage impact

IN THE HEAT OF WAR, WE ARE GETTING COOKED

Overview of how city is faring as its main cooking fuel becomes scarce

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A sudden shortage of commercial LPG cylinders has thrown Bengaluru's food industry into chaos, forcing several eateries to shut down, slash menu items and even return to firewood stoves. The crisis that began to bite the city sharply from Wednesday, has exposed the heavy dependence of restaurants, paying guest accommodations and small eateries on commercial cooking gas.

From cylinder thefts reported in some areas to panic buying and protests by hotel owners, the city is witnessing a ripple effect across the food ecosystem. In Channapatna, CCTV footage allegedly captured a gas cylinder being stolen from a compound, highlighting the growing desperation among businesses struggling to keep their kitchens running. Several hotels in busy food hubs such as Majestic have already shut operations temporarily due to lack of gas supply.

Restaurant owners say they are running out of cylinders and are

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PAGE 3: SAFE BET
PAGE 7: WAR UPDATES

"We have stopped preparing North Indian and Chinese dishes. For now we are serving only basic items like idli and dosa. If the shortage continues, we may even have to shift to firewood cooking

—Srinath P, hotel owner in Majestic

When even tender coconut price is on fire

Sky-rocketing prices shock customers and sellers alike as first-grade coconuts touch Rs 120 per piece

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Even before peak summer sets in, Bengaluru's favourite natural coolant is turning into a pricey indulgence. The price of tender coconut has been going up steadily across the city and has now shot up higher than one US Dollar. First-grade or high-quality tender coconuts, known for fresh water and soft white pulp, are currently selling at around Rs.120 per coconut. For context, the USD exchange rate was Rs 91.90 on Wednesday.

Medium-sized coconuts are priced between ₹70 and ₹90, while second-grade coconuts cost about ₹20–₹25 each. Smaller, locally sourced coconuts are available for ₹10–₹12.

At the wholesale level, the Maddur Agricultural Produce Market Committee (APMC) yard in Mandya, one of India's largest tender coconut trading hubs, continues to dominate the supply chain. Around 60–70 truckloads are transported daily to cities such as Bengaluru, Delhi, Mumbai,

CONTINUED ON PAGE 2 »

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THINGS TO DO

01 Classical cadence

Banyan Tree Events is presenting Symphony of Santoor, a grand musical experience which reimagines the instrument within a sweeping orchestral canvas while retaining the depth and purity of Indian classical tradition. **Where: Maanikya Hall, Chamara Vajra; When: March 18, 8 pm**

02 Weight of letting go

Atta Galatta is hosting a discussion on 'Heartbreak Unfiltered: Things Nobody Told You About Love, Loss and Letting Go' by Milan Vohra, which brings together 20 real stories from across the world that explore the many faces of heartbreak. **Where: Atta Galatta, Indiranagar; When: March 14, 6 pm**

03 Living amid nature

Hosachiguru Farm Showcase, a three-day event brings the concept of farm and farmhouse living to urban audiences. Visitors can explore how managed farms can offer city residents a weekend retreat and a closer connection with nature. **Where: Hosachiguru Corporate Office, Jayanagar; When: March 20, 21, 22**

04 Tale of a tail

Ranga Shankara is presenting 'Chippi, The Chipkali', a puppet play featuring the tale of a baby lizard who loses its tail and is mocked by others, as part of Take a Child to the Theatre 2026 campaign. **Where: Ranga Shankara, JP Nagar; When: March 20, 7.30 pm**

05 Move to the beat

CAGED returns to Indiranagar SOCIAL, bringing a high-energy night of electronic music with Tasha (UK), joined by Chaz and Cygni, for a night built around driving rhythms, immersive sound, and a dance floor designed to keep the energy moving. **Where: Indiranagar SOCIAL; When: March 14, 7 pm**

Bengaluru struggles with rising gut woes

Data reveals consistent cases of gastroenteritis in city; doctor cites poor food hygiene and consumption of contaminated water and food that is prepared in unhygienic conditions or improperly stored

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A growing number of youngsters and working professionals in Bengaluru and other parts of Karnataka are increasingly reporting cases of gastroenteritis, with doctors attributing the trend to irregular eating habits, dependence on outside food and poor hygiene practices. Health experts say busy schedules, frequent consumption of takeaway meals and street food, and irregular meal timings are contributing to stomach infections among younger populations who often overlook basic food safety and hygiene practices.

According to the Karnataka Economic Survey 2025–26, the state reported 182,665 gastroenteritis cases in 2025 (up to December), indicating that the illness continues to remain a significant public health concern. Earlier, 135,935 cases and five deaths were reported in 2021, and 157,872 cases were documented in 2020, according to the data. Dr Anupama NK, Senior Consultant - Medical Gastroenterology, Aster CMI Hospital, said that hospitals have been witnessing a steady rise in patients with symptoms related to stomach infections.

"Gastroenteritis cases have been seen more frequently in recent months and over the past few years in many hospitals and clinics across Karnataka. Doctors have noticed that more patients are coming with symptoms such as diarrhea, vomiting, stomach pain, dehydration, and fever, especially during the seasonal changes and in areas where drinking water or food hygiene may be poor," she said. She noted that hospitals are also seeing more children and elderly patients who need medical attention because they become dehydrated quickly. "Although most patients recover with timely treatment, the steady number of cases show that gastroenteritis continues to remain a significant public health concern in the state," she said.

Preventive measures

- Always consume boiled, filtered or treated drinking water and avoid water from unknown or unsafe sources
- Wash hands thoroughly with soap before eating
- Ensure food is properly cooked and consumed fresh; avoid stale or improperly stored food
- Limit consumption of unhygienic street food and avoid cut fruits or exposed food sold in open areas
- Rinse produce thoroughly with clean water before eating or cooking
- Ensure proper food storage and kitchen hygiene

Explaining the primary causes and symptoms, she said that gastroenteritis may be caused by consuming contaminated food or drinking unsafe water. She explained that doctors often see cases linked to poor food hygiene, improperly stored food, or food prepared in unhygienic conditions, especially from street vendors. Contaminated water, she said, is another major cause, particularly in areas where water sources may be polluted. Seasonal changes can also increase the risk as bacteria and viruses spread more easily in such conditions.

Doctors are also noticing a shift in the age group affected. Dr Anupama said that doctors are increasingly seeing more cases of gastroenteritis among youngsters and working professionals compared to earlier. "One reason is the fast-paced lifestyle where many people depend on outside food, street food, or quick takeaway meals that may not always be prepared in hygienic conditions. Irregular eating habits, skipping meals, and eating late at night can also affect digestion and increase the risk of stomach infections," she said. She also pointed out that many young professionals also consume packaged or processed food more often, which may sometimes be stored or handled poorly. "Another factor is drinking contaminated water while travelling or working long hours outside. Stress, lack of sleep, and reduced attention to personal hygiene, such as not washing hands before eating, can also contribute to higher infection risk," she added.

Doctors caution that medical attention should be sought if symptoms persist, to prevent condition from worsening.

City often gets the second-grade stock

CONTINUED FROM PAGE 1

Pune, Ahmedabad, Kolkata, Goa and Hyderabad. Each truck typically carries about 1,000 to 3,000 tender coconuts. Maddur APMC secretary Satish explained that rising demand has pushed prices upward. "Premium quality coconuts are selling for up to RS. 120 in retail markets, while medium varieties range from Rs70-90. The second-grade coconuts are selling at Rs. 20–25, and local varieties start from around Rs.10-12," he said. According to the India Meteorological Department (IMD), Bengaluru recorded a temperature of 31°C on Tuesday, with humidity levels ranging between 73% and 78%, reflecting warm and humid weather conditions in the city.

Street vendors say the higher prices are beginning to affect sales. Venki Gowda, who sells coconuts near Banashankari, noted, "People come looking for different sizes depending on their budget. Earlier, many would buy without asking much about the price, but now some hesitate when they hear the rate. As prices have gone up, I see fewer customers buying the bigger coconuts."

The difference between street prices and online platforms has also caught attention. On apps like Blinkit, packaged tender coconut water without added sugar sells for Rs. 60–80 for small servings. Premium brands are priced around Rs. 180, while one-litre packs are available for about Rs. 88. Other branded variants such as Cougha retail at Rs. 85.

Margin call

For longtime vendors, the trade has changed dramatically. Siddaraju, 59, who has been selling tender coconuts and fruits in Kengeri Satellite Town for nearly three decades, recalls a simpler time. "In the 1990s, I sold one tender coconut for just Rs. 3 and still made about Rs. 1 profit. Sellers would even give an extra coconut or take it back if it wasn't good," he said with a smile.

Today, he says, the business is bound by stricter agreements with growers or agents. "We take coconuts from Maddur growers, and they collect an advance deposit of around Rs. 50,000. The condition is that we must buy from them throughout the year. They supply each coconut for around Rs. 40, and we have to pay them when they deliver," Siddaraju explained.

Margins are tight, with retail prices hovering around Rs. 50. "Even during winter or rainy seasons we must continue buying. If we stop purchasing, we risk losing the advance deposit and may not get supply during the next summer," he added.

Siddaraju also pointed out that the best-quality coconuts are increasingly being sent to bigger markets outside Karnataka. "Earlier we used to get first-quality coconuts regularly, but now many of those are transported to cities like Mumbai and other northern markets. What reaches Bengaluru is often the second-grade stock," he said. Despite the challenges, he continues out of habit and sentiment. "For almost two decades, this business helped me run my family and educate my children. I have an emotional connection with it. But honestly, I'm not sure if I can continue next year."

For consumers, the rising prices are a mixed bag. Asha Prakash, a software professional in Banashankari, said she still prefers tender coconut over packaged drinks. "It's natural and healthier than soft drinks. Even if the price has increased, I still buy it a few times a week," she said. Ramesh Kumar, a delivery executive, admitted that higher prices sometimes force him to choose smaller coconuts. "Earlier I used to buy the bigger ones, but now I usually go for the smaller ones because they are cheaper," he said.

College student Meghana S added that she notices price variations across the city. "Near my college it's around Rs.80 or Rs.90, but in some residential areas it is cheaper. Still, during hot afternoons, a tender coconut is the best option," she said.

Prices are expected to rise by Rs. 5- Rs. 15 during the peak summer season. With temperatures increasing in April and May, demand for tender coconuts is likely to grow, which may push prices higher in the coming months as supply struggles to match seasonal demand.

Biogas keeps kitchens running amid LPG crunch

Few establishments which shifted early to biofuel use for cooking manage to keep operations up even as restaurants grapple with gas shortage

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While many hotels in the city are grappling with a shortage of commercial LPG cylinders, some eateries are reaping the benefits of being early adopters of biogas.

This early clean cooking shift has given them an edge. These eateries, although only a handful, say that, unlike hotels dependent on LPG, their operation is not affected. The number of service hours remains the same, and menus are as elaborate as ever.

Konark Kanteerava is one such eatery that went the biogas way after the pandemic.

"We use LPG as backup. Two out of our three branches are operating with biogas. My father has always been an early adopter of technology and is passionate about introducing new concepts into kitchens. It was his vision to shift to biogas entirely," said Vaishnavi R Murthy, owner of Konark.

However, these hotels say the switch from LPG to biogas cannot happen overnight. This shift requires hardware modifications in conventional kitchens operating on LPG.

Shops using biogas are reportedly unaffected by LPG shortage

"Converting your kitchen from LPG to biofuel is not an overnight job. Biogas comes in liquid form, and thus, a hardware change is required. Cylinder nozzles and burners need to be replaced. While the cost of running a commercial kitchen on biofuel is the same as LPG, we have made our kitchen energy efficient by adding ceramic burners and sensors to reduce consumption of fuel," added Murthy.

Empire restaurant in Koramangala is yet another hotel operating on biofuel. According to a representative of Empire restaurant, out of 38 branches in the city, only one is running on biofuel. The remaining 37 use LPG and are running the risk of stopping operation soon.

Experts say a decentralised biogas plant model is way forward, enabling efficient conversion of kitchen waste into cooking fuel

"Our Koramangala branch started using biofuel in the kitchen four or five years ago. We shifted to biogas, considering that the cost of fossil fuel-based LPG will soon become higher. We also contacted our current biogas supplier to explore if some of our other kitchens can be shifted to biogas. However, we were told that given the capacity constraint, that will not be feasible," said Abdul Khader, AVP of Operations at Empire Restaurant.

A sustainable and decentralised alternative to LPG, biogas is produced from organic waste, agricultural residue, municipal waste, animal manure, and food waste.

According to Som Narayan, cofounder of Carbon Master, who is running a waste processing unit in collaboration with Greater Bengaluru Authority, while demand for the fuel among restaurants in the city is high, the current capacity is the limiting factor.

"We are currently supplying biogas to 6 hotels in the city and to the GAIL fuel station in Ramanagara. My phone has been ringing off the hook since the current situation started unfolding a couple of days back. There is a huge demand, and we need to increase the capacity," said Narayan.

Experts say a decentralised biogas plant model, shared among a cluster of hotels, is the way forward. Hotels can efficiently convert organic kitchen waste into biogas for cooking, while reducing landfill dependence and cutting energy costs.

Duo arrested for robbery

Police seized 126.5 grams of gold jewellery and a 28-gram gold bar valued at Rs 17.71 lakh, following a theft complaint lodged by a Kanakanagar resident. The FIR, filed on February 20, 2026, at Hebbal Police Station, reported that 481 grams of gold ornaments had been stolen from the complainant's home between December 22, 2025, and February 20, 2026. Inquiry pointed to a friend of the youngest daughter of the complainant, who visited the house regularly. During questioning, he confessed to selling part of the stolen jewellery through contacts, while handing over the remaining ornaments to an associate residing in Nagarathpete, who was subsequently taken into custody. **–BMB**

Domestic help held for theft

A woman was arrested for stealing cash and jewellery from her employer's home in Subramanyanagar Police Station limits recently, police officials said on Wednesday. The complainant told the police that cash kept in her bag and four diamond-studded gold rings kept in the wardrobe, worth Rs 4 lakh had gone missing. During interrogation, the accused confessed to committing the theft. Based on her statement, police made a full recovery of stolen items. **–BMB**

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School runs turn risky on Choodasandra's broken roads

Repeated complaints ignored as damaged Choodasandra roads filled with potholes and dust create serious risks for commuters, pregnant women and school children

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Residents of Choodasandra in Anekal taluk have once again appealed to authorities to urgently repair badly damaged roads, stating that repeated complaints over the years have gone unanswered. Members of the Choodasandra Residents Welfare Association (CRWA) say the poor road conditions continue to pose serious risks to commuters, especially pregnant women and schoolchildren. In a letter dated March 7, 2026, to the Panchayat Development Officer of Shanthipura Gram Panchayat, residents of GRC Shreekrish society described the roads across Choodasandra as "very concerning," citing frequent traffic problems, dust and daily inconvenience to residents.

"The current state of roads across Choodasandra is really causing distress to all the residents, especially children and pregnant women in the area. It is also causing traffic problems and dust issues," the residents wrote in their representation, requesting authorities to visit the area and initiate temporary repair works on damaged stretches.

Residents said repeated complaints have brought no action to repair potholes or secure dangerous stretches. Recently, more than 50 residents signed a fresh representation seeking urgent intervention, adding poor road conditions severely affect pregnant women commuting daily and schoolchildren travelling through the area.

"I take my son to school in HSR every day as the school does not provide transport. I travel on a scooty and have to use this road at least four times daily. The road condition is extremely poor with potholes and uneven patches, which makes it risky to ride with a child. A car might be slightly safer, but that is not always possible for us. It is stressful every day, and roads used by families and school going kids should be maintained much better," said Shubhankari, a resident of GRC Shreekrish in Choodasandra.

Parents say the situation is particularly concerning as the roads connect to major educational institutions in the area, including Amritha International School and Notre Dame Academy. "As a parent living in the area, I use the road from Aabhaa Saloon to Amritha International School and further towards Notre Dame Academy at least three times a day to drop and pick up my children. The condition of this stretch is extremely poor, with numerous potholes and loose dust everywhere. Riding a scooty on this road is difficult and unsafe, especially with kids. Every passing vehicle raises clouds of dust that make it hard for children to breathe. This road is used by several school buses daily, yet it has not received proper maintenance," said Revanth, a resident.

Residents also pointed out that the problem extends beyond potholes, with waste dumping and loose gravel making the stretch unsafe even for pedestrians.

> **"The road condition is extremely poor with potholes and uneven patches, which makes it risky to ride with a child. A car might be slightly safer, but that is not always possible for us**
>
> – Shubhankari – Resident

"It's getting impossible to live with the state of the roads here in Choodasandra. In the roads, there are potholes everywhere. When it rains, you literally cannot see where the car is going; you're just driving blind, praying you won't get stuck in a deep crater. It's not just driving, though. There are heaps of plastic waste dumped all along the roads, and it's a total mess. Even walking is dangerous whenever a car passes by, stones fly up from the broken road and hit people walking on the side. We really need the authorities to see this before someone gets seriously hurt," said Keerthi Nayak, a resident.

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Unsafe walkway

Varthur Road

Poorly executed footpath work opposite a hospital at Varthur Kodi has made the stretch unsafe for pedestrians.

Road danger

Singapura

The road divider was removed and not restored after asphalting near a hospital on Singapura Main Road, turning the stretch into an accident zone.

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Manipal Hospital launches adaptive deep brain stimulation at Sarjapur Road

Manipal Hospital, Sarjapur Road has started Adaptive Deep Brain Stimulation (aDBS) services at its DBS Clinic for patients with movement disorders and neurological conditions. The hospital said the system adjusts stimulation levels based on a patient's brain activity. This allows treatment to respond to changes in symptoms in real time. Deep Brain Stimulation (DBS) has been used for over two decades to treat conditions such as Parkinson's disease. In the earlier system, stimulation levels remained fixed throughout the day. The new aDBS system analyses brain signals and adjusts stimulation accordingly.

The technology uses BrainSense to monitor brain activity, particularly beta waves. Based on the signals, the system increases or reduces stimulation levels depending on the patient's symptoms. Doctors said the system increases stimulation during symptom episodes such as tremors or rigidity in Parkinson's disease and reduces it when symptoms are stable, such as during sleep or rest.

Hospital officials said the system may help improve symptom control, reduce side effects and improve the duration when patients experience relief from symptoms. The system also uses less battery power compared to earlier DBS devices. Studies cited by the hospital show that aDBS can help reduce motor fluctuations and improve quality of life for patients with movement disorders. Doctors said patients with Parkinson's disease who do not respond well to medication may benefit from this treatment. Clinical data shows that DBS therapy can improve motor symptoms by up to 60 per cent in such patients. Dr Shivakumar, Lead Consultant in Neurology at Manipal Hospital, Sarjapur Road, said, "Adaptive DBS allows us to adjust therapy based on a patient's brain activity. This helps us manage symptoms of movement disorders more effectively." Dr Ajay Hegde, Consultant Neurosurgeon at Manipal Hospital, Sarjapur Road, said, "The introduction of adaptive DBS adds another treatment option for patients with advanced neurological conditions." **— BMB**

Missing children rescued and united with parents

In an operation on March 9, 2026, Kadugodi police officials rescued a three-year-old boy found wandering alone near the Ayyappa Swamy Temple on Belathur Main Road. Residents of a nearby apartment alerted Namma 112 after noticing the child. Hoysala 233 reached the spot within seven minutes and began inquiries. After sustained efforts, the police successfully identified the parents and safely handed over the child to them. In a similar incident, on March 9, 2026, Kumbalgodu police officials rescued a two-and-a-half-year-old boy after being alerted by the public, who found the child near Doddabele Colony close to Appu Circle. Cheetah 292 of Kumbalgodu Police Station reached the spot within 14 minutes. Police secured the child, made inquiries with nearby shops and residents, and successfully traced his parents before handing him over safely. **— BMB**

DCRE police stations open daily for atrocity victims

Order directs 33 DCRE police stations across Karnataka to stay open on public holidays for timely registration of atrocities cases

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ನಾಗರೀಕ ಹಕ್ಕು ಜಾರಿ ನಿರ್ದೇಶನಾಲಯ
ನಂ.೧, ಅರಮನೆ ರಸ್ತೆ, ಬೆಂಗಳೂರು-೫೬೦೦೦೧.
KARNATAKA STATE POLICE
DIRECTORATE OF CIVIL RIGHTS ENFORCEMENT
NO.1, PALACE ROAD BANGALORE- 560 001.

Directive aims to prevent delays in registering SC ST atrocity cases

Victims of human rights violations can now approach police stations under the Directorate of Civil Rights Enforcement (DCRE) on Sundays and government holidays. Earlier, these stations functioned only on weekdays. The Director General of Police has now ordered all DCRE police stations to remain open and operate on government holidays, similar to regular police stations.

The order follows a representation by Mohan Kumar Danappa, Member of the Karnataka State Police Complaints Authority, who wrote to the State Director General and Inspector General of Police seeking intervention.

DCRE police stations were established across Karnataka as special police stations to handle cases related to caste-based abuse and atrocities against members of the Scheduled Castes (SC) and Scheduled Tribes (ST). At present, 33 DCRE police stations operate in the state.

However, victims and Dalit community leaders raised concerns that these police stations remained closed on Sundays and government holidays, delaying complaint registration. Victims approaching jurisdictional police stations on holidays were asked to visit DCRE police stations on next working day.

> **"Now, I am very happy to know about the Director General of Police of the Civil Rights Enforcement Directorate issuing an order to all the police stations under the DCRE to work on public holidays**
>
> –Mohan Kumar Danappa, Member of KSPCA

Activists argued that such delays could lead to destruction of evidence, influence witnesses and obstacles in initiating prompt investigation.

Taking note of these concerns, the Civil Rights Enforcement Directorate has now directed all DCRE police stations to function on government holidays as well, ensuring timely registration and investigation of cases related to atrocities against SC and ST communities.

Speaking with Bangalore Mirror, Mohan Kumar Danappa, Member of Karnataka State Police Complaints Authority, said he wrote to Director General and Inspector General of Police on February 16 seeking directions to keep 33 DCRE police stations open on public holidays for victims.

"Many people have complained against the delay in receiving complaints from victims by the police stations under the DCRE as those police stations are closed on Sundays and government holidays. Now, I am very happy to know about the Director General of Police of the Civil Rights Enforcement Directorate issuing an order to all the police stations under the DCRE to work on public holidays. It will be a great help for the victims to lodge the complaints against the accused," said Mohan Kumar Danappa.

Address confusion triggers violent delivery confrontation

Late-night delivery dispute in Bengaluru turns violent after address confusion, leaving customer injured and prompting police to register criminal case

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Police convert NCR to FIR after medical report confirms injury

A delivery executive working with the quick-commerce platform Blinkit has been accused of assaulting a customer in Bengaluru following a dispute over a delivery address mix-up, leaving the customer with a fractured nose. According to a police complaint, the incident occurred around 2 am on March 7 at an apartment complex in the city. The customer, identified as Paul J Vithayathil, had placed an order through the Blinkit app and was expecting the delivery at his flat.

The delivery executive reportedly went to the wrong location in the building while attempting to complete the order. When the customer contacted him and asked him to come to the correct floor, a verbal argument allegedly broke out between the two. Police said the delivery worker later approached the customer's residence, where the dispute escalated. During the confrontation, the delivery executive allegedly punched the customer in the face, threw the ordered items and fled the spot.

The injured customer later sought medical treatment. Doctors conducted examinations, including an X-ray of the nasal bones, which confirmed that he had sustained a fracture to his nose. Based on the complaint and medical findings, police registered a medico-legal case. Initially, the matter was recorded as a Non-Cognisable Report (NCR). After further assessment, the case was converted into a First Information Report (FIR). Investigators have also contacted Blinkit to obtain details about the delivery executive involved as part of the ongoing probe.

Experts say such incidents highlight growing tensions linked to the fast-paced gig economy and the pressures faced by delivery workers. A labour policy researcher and gig-economy analyst said disputes between customers and delivery workers are sometimes triggered by unrealistic expectations and stressful working conditions.

"Delivery partners often work under intense time pressure and customer ratings, which can create conflict situations if a delivery does not go as expected. Companies and platforms need stronger grievance-redress mechanisms and training to prevent such confrontations from escalating," he explained. Police said further investigation is underway to determine the circumstances that led to the alteration.

Pay to drive? B'luru congestion fee plan

The Fifth State Finance Commission has proposed introducing a congestion fee on some of Bengaluru's busiest roads, including Outer Ring Road and other high-traffic corridors, as a new revenue source for civic bodies under the proposed Greater Bengaluru Authority (GBA). The fee could be collected using FASTag-based technology to regulate traffic flow and generate funds for urban infrastructure.

The report noted that Bengaluru will require more than 1,000 km of new roads over the next four years, and revenue from congestion charges could help support such infrastructure projects.

Along with the congestion charge, the commission has recommended measures to strengthen the finances of the city's civic bodies. It suggested sharing five percent of the state's SGST revenue with the five corporations and transferring stamp duty surcharge collections to them.The panel also highlighted the need to expand the property tax base by bringing around five lakh unassessed properties into the tax net, which could generate an additional 600–700 crore annually for civic bodies. **–BMB**

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Karnataka orders ward-level child status reports in cities

Municipalities and city corporations must assess child welfare, prevent dropouts, child labour, trafficking and strengthen urban child protection committees statewide

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The Directorate of Municipal Administration has issued a circular to Commissioners and Directors of District Planning Authorities, Municipal Commissioners, and Zilla Panchayat Executive Officers to take measures for preparing ward child status reports in all cities in Karnataka.

With this, authorities are expected to prepare reports on the status of children in 369 wards in the city, which is expected to shed light on the situation of migrant children as well.

The circular, issued on March 10, emphasised the need to prepare reports on the number of children aged up to 18 years in every ward of municipalities and city corporations. It stated that the reports should include details on school dropouts, the number of child labourers, children with special needs, and children in distress.

The circular also directed authorities to establish women and child protection committees in all municipalities and city corporations under the leadership of the chairman or mayor of the respective local bodies. The committees should include elected representatives, concerned officials, social workers, and child rights activists.

Authorities have also been asked to ensure the registration and 100 percent distribution of birth certificates. The circular further instructed officials to take measures to ensure immunisation for children up to 16 years of age.

Children interact during a session at an Anganwadi centre, highlighting efforts to ensure early childhood participation and community-level child welfare monitoring

A new directive mandates Karnataka's urban authorities to document children's conditions, ensure schooling, immunisation and birth registration while creating ward-level committees to address migrant children's issues and strengthen protection mechanisms

It also stressed the need to ensure 100 percent attendance of children aged between three and six years at Anganwadi centres and full attendance of students from Classes 1 to SSLC. Officials have also been directed to take steps to ensure that all girl students continue their education.

The circular further emphasised that authorities must ensure that no girl child is out of school, that there are zero school dropouts, and that child marriages are prevented. Measures must also be taken to ensure there is no child trafficking, no atrocities against children, and no child begging.

Child rights activists have welcomed the move by the Commissioner of Municipal Administration. Karnataka State Commission for Protection of Child Rights (KSCPCR) chairman Shashidhar S Kosambe said such committees had not existed in cities, including Bengaluru, for many years. He expressed hope that officials and elected representatives would implement the guidelines effectively for the welfare of children.

Child rights activist Nagasimha G Rao noted that India has ratified the United Nations Convention on the Rights of the Child (UNCRC), which recognises children's right to freedom of expression. He said governments are obligated to create platforms where children can express their views on issues affecting them.

Rao pointed out that the Children's Grama Sabha was introduced in rural areas in 2006, allowing children to raise concerns and participate in local governance, but no similar platform existed in urban areas. He said the direction to establish ward-level child protection committees and conduct children's meetings in cities is a significant step toward addressing this gap.

He added that District Child Protection Units and Special Juvenile Police Units should monitor these meetings to ensure children's concerns are heard and addressed. KSCPCR member Dr Thippeswamy KT said urban local bodies had largely ignored children's issues in the past and welcomed the circular, urging authorities to implement it effectively for the welfare of children in cities.

HC blocks Sharavathi power project activities

The Karnataka High Court has directed that no activities related to the proposed Sharavathi Pumped Storage Project be carried out within the fragile Western Ghats region until further orders. The interim direction was issued on March 10 while hearing a Public Interest Litigation (PIL) challenging the project's environmental impact.

The court noted that the proposed project falls within the boundaries of the Sharavathi Valley Lion Tailed Macaque Sanctuary and its eco-sensitive zone. Observing that the matter raises serious ecological concerns, the bench ordered that no steps or activities related to the project should be undertaken on the ground within the sanctuary area or its buffer zone until the court issues further directions.

The order was passed during the hearing of a PIL filed by conservationists Akhilesh Chipli, Ravindranath Shanbhogue, and Manohar Kumar CB. The petitioners argued that the proposed 2,000 MW pumped storage project planned by Karnataka Power Corporation Limited violates provisions of the Wildlife (Protection) Act, 1972 and could severely damage the ecologically sensitive Western Ghats landscape.

They contended that Section 29 of the Act prohibits destruction or diversion of wildlife habitat within a notified sanctuary. Environmentalists have also maintained that projects of such scale should not be considered inside protected wildlife areas due to the potential impact on biodiversity.

Despite opposition from conservationists and local communities, the project had earlier received conditional approval from the State Wildlife Board and the Karnataka government. It has since been forwarded to the Ministry of Environment, Forest and Climate Change for Stage-I clearance.

The matter is scheduled to be heard next on June 10. **-BMB**

Family driver caught stealing gold, diamonds

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The driver of a family who had been serving them for 10 years had been keeping a watch on the gold and diamond jewellery in the cupboard of the family and was eventually caught stealing within the Amruthahalli police station limits. Police said on Wednesday that they seized a total of 80 grams of gold and diamond jewellery worth Rs 13,30,000 on February 24.

The driver identified as Abhilash Gowda had allegedly been slowly robbing the jewellery kept in the family's house over the years. According to police, he along with his friend identified as Madan Kumar began stealing the valuables about two years ago.

When the family realised that some articles had gone missing, they approached the police and suspected the persons named. Further investigation revealed that Abhilash and Madan Kumar had been hand in glove in stealing the articles from the house when the family had guests over and were distracted.

Within just six hours of lodging the complaint the police sprang into action and tracked Abhilash down and arrested him while his partner in crime remained absconding. Police said efforts are on to trace Madan Kumar and recover any remaining stolen valuables from him.

State clears 'Project Majestic' transport hub plan

The Karnataka government has granted in-principle approval for 'Project Majestic', an ambitious initiative aimed at redeveloping Bengaluru's iconic majestic bus station into a modern, integrated transport hub combined with a commercial complex.

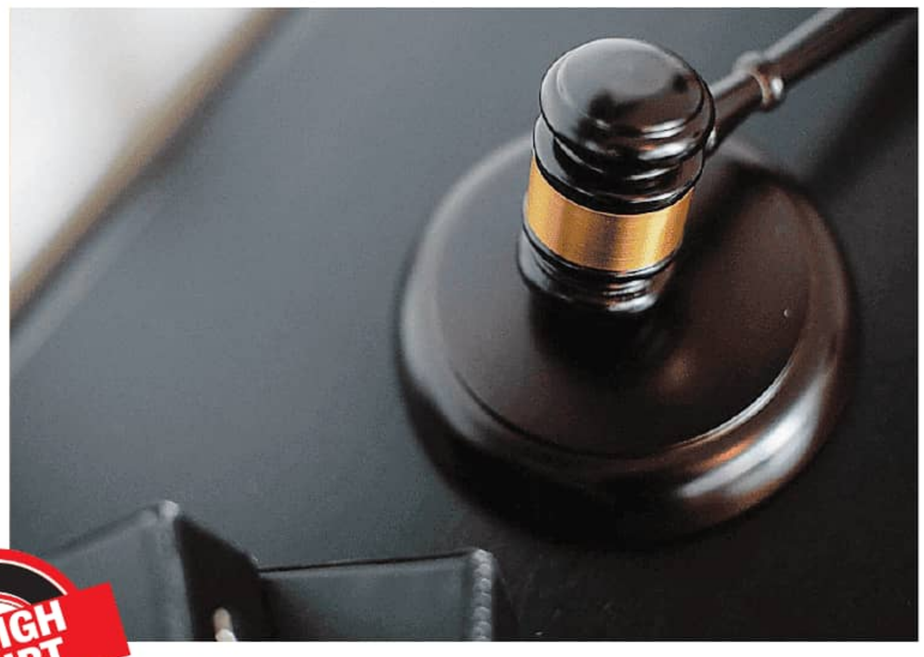
Transport Minister Ramalinga Reddy informed the Assembly that the total majestic bus station area measures around 40 acres. Out of this, eight acres have already been allotted to the Bangalore Metro Rail Corporation Limited (BMRCL) for its metro station infrastructure. The remaining 32 acres including 20 acres owned by the Karnataka State Road Transport Corporation (KSRTC) and 12 acres belonging to the Bangalore Metropolitan Transport Corporation (BMTC) will be jointly redeveloped under the project.

The proposed development aims to transform the existing bus stand into a state-of-the-art intermodal transit hub, integrating bus services with other modes of public transport. The project will also include commercial infrastructure such as retail outlets, passenger amenities and other facilities, designed to modernise the space while ensuring uninterrupted bus operations for both KSRTC and BMTC.

The state's Infrastructure Development Department has already appointed a consultancy firm to prepare the project blueprint. The agency has begun preliminary work, including traffic studies, market analysis and technical assessments, which will guide the project design and planning. Officials said the firm is currently gathering primary data and preparing the inception and concept reports, which will form the basis for tender specifications and the selection of a developer for the project. **-BMB**

HC questions police closure in minor's alleged suicide case

Justice M Nagaprasanna raises concerns over B report, says abetment of suicide of minor may fall under IPC Section 305



The High Court reserved its order after a mother challenged the police closure report, alleging school harassment and an inadequate investigation

The Karnataka High Court has reserved its order on a plea challenging the acceptance of a police closure report in a case involving the alleged abetment of suicide of a minor girl by students and staff of a school.

The matter was heard by Justice M Nagaprasanna, who expressed serious concern over the filing of a 'B report' in a case involving the death of a minor. During the hearing, the court questioned whether it was appropriate for the police to close the case in such circumstances.

"When a 15-year-old child dies allegedly after harassment, can the police simply file a B report and close the matter?" the judge observed.

IN HIGH COURT

The petition was filed by the girl's mother challenging a trial court order that had accepted the police closure report. The FIR had initially been registered against the school management, principal and certain teachers for offences relating to abetment of suicide. The petitioner sought rejection of the closure report and continuation of criminal proceedings.

According to the plea, the girl had gone missing before her body was later found on railway tracks. A note believed to have been written by the student was also recovered during the investigation.

The mother alleged that her daughter had been subjected to harassment by fellow students and that complaints had earlier been brought to the attention of school authorities. However, she claimed no effective steps were taken to address the issue.

The petitioner further argued that the police had failed to properly consider her statement during the investigation and that the circumstances surrounding the incident were not examined in sufficient detail before the closure report was filed.

During the hearing, the court also noted that since the deceased was a minor, Section 305 of the Indian Penal Code dealing with abetment of suicide of a child may apply. The judge observed that the roles of the principal and teachers could not be ruled out at this stage and warranted closer scrutiny.

After hearing arguments from all parties and examining the records placed before it, the High Court reserved its order on whether the police closure report should be upheld or further proceedings in the case are required.

Departmental clean chit won't stop trial

The Karnataka High Court has ruled that the exoneration of a government employee in departmental disciplinary proceedings does not automatically lead to the termination of criminal prosecution based on the same allegations. Justice M Nagaprasanna delivered the order while dismissing a petition filed by Geeta R, a superintendent in the office of the Deputy Registrar of Cooperative Societies in Chitradurga.

Geeta R had approached the court seeking to quash criminal proceedings initiated against her in a corruption case after she was cleared in a departmental inquiry. The court observed that there is no universal rule requiring criminal proceedings to be dropped merely because an employee has been exonerated in internal disciplinary proceedings. The impact of such exoneration, the court said, must be assessed based on the facts and evidence in each case.

The judge noted that in certain situations where a departmental inquiry clearly finds that essential elements of the alleged offence such as demand or acceptance of illegal gratification are entirely absent, continuing a criminal case on identical material could amount to abuse of the legal process. However, the court clarified that such a principle cannot be applied mechanically.

The case arose from a 2018 trap operation in which the Anti-Corruption Bureau allegedly caught Geeta R. accepting ₹15,000 as a bribe. The Lokayukta police later filed a chargesheet, and the court held that the criminal trial could proceed independently. **—BMB**

WAR UPDATES

3 vessels struck in Strait of Hormuz

Three more vessels have been struck by unknown projectiles in the Strait of Hormuz, maritime security firms said on Wednesday, bringing the total number of ships hit since the Iran conflict began to at least 14. Shipping through the strategic waterway has nearly halted after the United States and Israel launched strikes on Iran on February 28, disrupting a route that carries about a fifth of the world's oil supply and pushing global oil prices to their highest levels since 2022.

A Thai-flagged dry bulk vessel, Mayuree Naree, was hit by two projectiles while sailing through the strait, according to its operator Precious Shipping. The attack caused a fire and damaged the engine room. Three crew members are missing and believed trapped inside the engine room, while the remaining 20 crew were evacuated safely to Oman. Thai navy images show smoke after Iran strike. **Reuters**

MEA confirms two Indians killed abroad

The Ministry of External Affairs (MEA) on Wednesday confirmed that two Indian nationals have died and one remains missing amid the ongoing conflict in West Asia. MEA spokesperson Randhir Jaiswal said the casualties occurred when merchant vessels carrying Indian nationals came under attack in conflict-affected waters.

Speaking at an inter-ministerial briefing, Jaiswal emphasised that the safety and welfare of India's large diaspora in the Gulf Cooperation Council (GCC) countries—estimated at around 10 million—remains the government's top priority.

He also said several Indians have been injured in the region during the conflict. One person was injured in Israel, while another was reportedly hurt in Dubai. MEA expressed condolences to the families of deceased and said it is in regular contact with the injured individuals and closely monitoring the situation. **ANI**

Drones fall near Dubai airport

Two drones fell near the vicinity of Dubai International Airport on Wednesday, as the ongoing US-Israel conflict with Iran continued to disrupt aviation across the Gulf. Bahrain also moved several Gulf Air aircraft, including cargo planes and passenger aircraft without passengers, to alternative airports as a precautionary measure, its Civil Aviation Affairs said.

The conflict, now in its 12th day, has forced widespread flight cancellations, rerouting and schedule disruptions worldwide, shutting large portions of Middle Eastern airspace due to missile and drone threats. Dubai International Airport, the world's busiest hub for international passengers, has been significantly affected.

Air cargo operations have also faced delays, while rising jet fuel prices linked to disruptions in key oil export routes have pushed fares higher. **BMB**

INBRIEF

AI focus proposed in Karnataka MSME policy

The Karnataka government is considering integrating Artificial Intelligence (AI) and digital transformation guidelines into its upcoming MSME policy to help local manufacturers address future industrial challenges.

Rohini Sindhuri, Secretary of the Department of MSME, Sugar and Textiles, said this on Wednesday while inaugurating a state-level stakeholder consultation workshop in Bengaluru to gather industry inputs for the policy.

She noted that Micro, Small and Medium Enterprises account for nearly 97 per cent of Karnataka's industrial units and remain a major source of employment.

The government has begun drafting a dedicated policy to strengthen and modernise the MSME ecosystem. As part of the process, regional consultations will be held across districts to ensure wider participation.

The proposed policy will emphasise technology and innovation, including AI and digital adoption frameworks, to improve productivity, competitiveness and technological readiness of MSMEs. Sindhuri also invited entrepreneurs and industry bodies to share suggestions. **—Reuters**

Kharge flags environmental cost of data centres

Karnataka IT/BT Priyank Kharge on Wednesday said the Karnataka government is considering a sustainable data centre policy amid concerns over the heavy water and energy consumption of such facilities.

Responding to a question by Dheeraj Muniraj during Question Hour in the Assembly, Kharge said 32 private data centres are currently operating in the state and the existing policy is under review.

He described data centres as a "necessary evil," noting they are essential for emerging technologies such as artificial intelligence and machine learning but also have significant environmental costs.

Kharge said the government is exploring sustainable models as technology evolves. He added that the state is also looking beyond Bengaluru to coastal regions such as Mangaluru, where sub-sea cable landing stations could support future data centre infrastructure with private sector participation. **—PTI**

Patil slams centre over airport status

Karnataka Infrastructure Development Minister M B Patil on Wednesday criticised the Centre for declaring Madurai airport in Tamil Nadu as an international airport while not granting similar status to the Hubballi and Belagavi airports in Karnataka, calling the move discriminatory and unacceptable.

Patil alleged that the decision appeared to be influenced by the upcoming Tamil Nadu elections and questioned the Centre's indifferent attitude towards Karnataka's long-standing demand. "The Narendra Modi-led central government has declared Madurai Airport as an international airport but has not taken a similar decision regarding Hubballi and Belagavi airports. This reflects a discriminatory approach. How can it be butter for them and lime for us?" he said in a statement.

The Union Cabinet on Tuesday approved the proposal to declare Madurai airport as an international airport. **—PTI**

Govt warns against black marketers, those creating fake shortages

CONTINUED FROM PAGE 1

being forced to reduce operations. Popular eateries including Udupi style restaurants like Sri Krishna Vaibhav and several other small hotels around Majestic have already shut shop for the time being. Srinath P, a hotel owner in the area, said they had not received cylinder supplies for days. "We have not got commercial gas cylinders for the last three days. We somehow managed by borrowing cylinders from nearby hotels. But that stock is also getting over," he said. He added that the shortage has forced restaurants to drastically simplify their menus. "We have stopped preparing North Indian and Chinese dishes. For now we are serving only basic items like idli and dosa. If the shortage continues, we may even have to shift to firewood cooking," he said. Even the famous dum biryani outlets in Hoskote, which draw crowds at 4 am, are reportedly facing a slowdown due to the shortage.

Menu cuts

Hotels across the city are trimming their menus to conserve gas. Items that require more cooking time or higher gas consumption are being dropped. A non-vegetarian restaurant owner said they had been advised to avoid fried items and elaborate dishes.

"We have been told to cut down the menu. Some dishes consume a lot of gas, so we are limiting what we cook," he said. At one star hotel in the city, staff reportedly turned to firewood stoves to continue cooking when LPG supply ran out. Krishnapp T, a hotel owner, said the situation is becoming unsustainable. "Hotels cannot function without LPG. We have already stopped making dosas during lunch hours because it consumes more gas. For tea and coffee we are using induction cookers," he said.

Protests erupt

The crisis has triggered protests among hotel owners, particularly in the Gandhinagar area where more than 150 eateries operate. One hotelier, who took part in the protest, said many establishments are on the verge of shutting down. "We brought eight empty cylinders to the protest to show our situation. Only one cylinder is left in our hotel. From tomorrow we may have to close if supplies do not resume," he said. Bangalore Hotels Association president PC Rao warned that the entire sector could face disruption if supplies are not restored soon. "Running a hotel without LPG is impossible. If commercial cylinder supply does not improve, several hotels may be forced to stop services," he said.

PG kitchens struggle

The crisis has also reached paying guest accommodations that house lakhs of residents in the city. Bengaluru has around 15,000 PG facilities where more than 10 lakh people, including students and IT professionals, depend on daily meals. Kavya Naveen, who runs a PG, said most PG kitchens can run only for a limited period with the existing gas stock.

"Many PGs can manage cooking for about a week or ten days with the current supply. After that it will be very difficult," she said. To cope with the shortage, PG owners have started changing menus. "Instead of chapati we are serving puliyogare or dosa. Instead of puri, we are making upma because it cooks faster and uses less gas," she said.

Auto drivers hit

The crisis is also affecting transport. Auto rickshaw drivers using LPG are facing rising fuel costs. The price of auto LPG has jumped from around Rs 53 per kg two weeks ago to nearly Rs 69.74 per kg now. Ramesh, an auto driver, said drivers are struggling to cope with the increase. "Gas prices have gone up sharply, but we have not increased fares yet. If the rise continues, we may have no option but to revise fares," he said. Food and Civil Supplies minister KH Muniyappa has meanwhile warned LPG dealers against black marketing or creating artificial shortages, stating that strict action would be taken against those attempting to exploit the situation.

Wedding party spoiler

Wedding catering to welfare institutions report concerns similar to the disruptions seen during the pandemic years. The situation has particularly affected the ongoing wedding season. Caterers say the shortage of commercial cylinders is creating uncertainty over preparing food for large gatherings.

Caterers said mid-sized weddings in the city usually see attendance of over 1,000 guests, requiring large quantities of LPG for cooking. A caterer said families are worried about how food will be prepared if the shortage continues. "It reminds us of the Covid period when weddings had to be conducted with limited attendance. Now the concern is gas availability. In some cases invitations have already been sent out and families cannot scale down the event," he said. Wedding planners said several families are exploring backup options such as shifting some cooking to firewood or limiting menu items that require longer cooking time.

Schools and canteens

Institutions that provide food daily are also facing difficulties. At Anthargange Mentally Challenged Children Residential School in Kolar, the management said they are struggling to cook meals due to the shortage of cylinders. "We have around 80 children in the school. We are facing a shortage of cylinders and are forced to use firewood for cooking," the school head said.

Officials said the shortage is also affecting public food programmes in the city. Several Indira Canteens, which serve subsidised meals to thousands of people every day, are facing difficulties due to irregular supply of LPG cylinders.

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I, NARAYANA SREE VANI Residing at No.174/1, 10th Main Rd, Srinagar, Bangalore - 560050, have changed my name to P H SREEVANI vide affidavit dated 07/02/2026, sworn before notary Venkataraju H G, Bangalore.

I Padma shree Raghu kumar W/o Raghu kumar Venkatara - maiah # 108,5th Main,2nd A Cross, Channammanakere Acchukattu,BSK 3rd Stage, B'luru 560085 have changed my name to Padmashree Raghu for all purpose

I, K J Hemalatha Anumesh, R/o No. 68, 3rd Block, Lalbahadur Shastry Nagar (LBS Nagar), BDA Layout, Anjanapura, Bengaluru - 560108/ 560062, have changed my name from K J Hemalatha Anumesh to Hemalatha K J.

I Chandrakant Rudrapatna Srinivasamurthy S/O, Rudrapatna Venkataramiah Srinivasamurthy R/o No. 5, 4th Main Road, Hig Dollars Colony, Rmv 2nd Stage, Bengaluru have changed my name to Rudrapatna S Chandrakant.

I, Amita Shetty w/o Ravi Shankar Shetty R/o No.10, Flat. 2A, Chandra Residency, 15th cross, Malleshwaram, Bengaluru 560003 have changed my name to Amitha Shetty. I shall be called by this name for all purposes

I, DODDA ANJINAPPA, S/o, Karimuniyappa, residing at No. 488/2022, 9th cross, Sanjeevini nagar, Bangalore-560092. I have changed my name to ANJINAPPPA M, vide affidavit dt: 09-10-2025 before notary Natesh D, B.lore.

BIJU P S/O PAPACHAN Resident of No 19 5th Cross Anjinappa Layout Kothanur Near Devine Care Hospital Bengaluru East 560077 I Have changed my name from PAPPACHAN BIJU To BIJU P For All Purposes

I, Shamitha Raghu kumar D/o Raghu kumar Venkataramaiah # 108,5th Main,2nd A Cross, Channammanakere Acchukattu,BSK 3rd Stage,Bengaluru 560085 , have changed my name to Shamitha Raghu for all purpose

I, Jyothi Sathyanarayana W/o P.V Sathyanarayana R/o Lat No SF1,2nd Floor,A Block Elegant Palace, 2nd Cross,B G Rd,B'luru 560076, have changed my name to Jyothi Pobbisetty Sathyanarayana.

I, Nishanth Gowda S/o Nagaraja Boregowda, # 81,4th cross, Dattatreyanagar, hosakerehalli, BSK 3rd stage, Bengaluru 560085 , have changed my name to Nishanth N Gowda for all purpose

I, Rakasi Rameshwarreddy R/o #100,2nd Floor,5th main, Vinayaka Nagar, Yelahanka B'lore-560063 have changed my name to Rakasi Rameshwerreddy.

I, Kavitha Chandrappa W/o Chandrappa Pillanna Residing at No 163/3, Nisarga Nilaya Near Ksvk School Road, Vinayaka Nagara (Hagadur), Whitefield Post, Bengaluru - 560066. have changed my name to Kavitha Hagadur Ashwathnarayana for all purposes

I HARIPREEYIA swear this AFFIDAVIT on behalf of my son for change of his name from ARJUN SAI(old name) to ARJUN ANIRDESH(new name) through this affidavit 09/03/2026 before notary Ms. Chandrakala.

I, Sheetal Hemander Kataria W/o Suraj T Jain R/o No:34, 3rd Floor,Kalpavruksha Apartment,Race Course Road,Madh - avanagar, Bengaluru-560001 have changed my name to Sheetal Kataria for all purposes

I, Mohammad Fairoz Pasha S/o Mohammed Ghouse R/o 11,1st Cross,Near Maruthi Layout BTM layout 1st Stage B'luru-560029 have changed my name to Mohammed Fairoz.

I, HORO LALIT HARSHIT KUMAR, S/o Harshit Horo, resident of No.11/8, GF 005, North Winds 2, Nehru Nagar, Jakkur Main Road, Yelahanka, B'lore - 64, I do hereby declare that I have changed my name from HORO LALIT HARSHIT KUMAR to LALIT HORO vide Affidavit dated 10.03.2026, sworn before Notary M. Rajendra, Bangalore.

I, Deepak Singh Nameirakpam And Binita Tongbram R/O. 301, Jahnavi Residency, 3rd Cross, Divanarapalya, Mathikere, Bengaluru-560054. Changed My Minor Son Name from Nameirakpam Amarendra Singh. (Reference Date of Birth 28/10/2019 & Passport No. U2465850). To Nameirakpam Deependra Singh for all further purposes.

HEALTH TIP: Rich in dietary fiber, cucumbers may support bowel regularity and prevent constipation, improving overall digestive function

Studies suggest guava consumption improves several markers of cardiovascular health

BangaloreMirror | 9
Thursday, March 12, 2026
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WHAT FUELS BUYING FRENZY?

Panic buying just makes shortages worse, so why do people do it anyway?

As the world grapples with one of the most severe energy shocks in decades, Australians have flocked to the fuel pump in their thousands, filling up cars, trailer-mounted fuel tanks and even jerry cans. In response, some stations have begun rationing fuel and closing pumps.

But many Australians will be feeling a sense of deja vu. In early 2020, as the COVID pandemic sent shockwaves through global supply chains, consumers rushed to stock up on essentials from pasta to toilet paper, leaving shelves bare around the world.

There were further waves of panic buying as the pandemic continued, despite businesses and the government repeatedly urging people not to do it.

So, why do some people rush out to stockpile, and why does simply telling them not to often not work? Our previous research has explored these questions in detail. To get people to stop, we need to give them a smarter message.

Who panic buys and why?

Panic buying doesn't help anyone. When many people do this at once, the sudden intense spike in demand creates new supply chain problems that wouldn't otherwise exist.

Back in 2020, in the wake of lockdown-driven panic buying, we surveyed almost 800 Australians to try to understand the psychological factors that drive panic buying.

We looked at three key categories: non-perishable foods (such as canned food), cleaning products, and hygiene products (including toilet paper).

Our research drew on well-established psychological theories that describe how our perceptions of the world and internal beliefs influence the way we act.

What we found

Across all three product categories, we found that people's attitudes and risk perceptions were linked with how much they bought.

Put simply, when people believed stocking up was sensible or wise, they were more likely to buy extra. Similarly, if people felt there was a risk in not stocking up, they tended to purchase more.

We found social influences also played a role, but only for non-perishable food items. People were more likely to stock up if they felt others approved of doing so, or that people like them were doing the same.

Interestingly, a number of important factors were not linked to increased panic buying in our study. For example, differences in age, gender, income and household size did not predict whether people would buy more.

On top of this, people's personality traits, such as tolerance for distress and uncertainty, and even past hoarding tendencies, did not consistently predict stockpiling.

This suggests panic buying behaviour is largely driven by how everyday people interpret risk and decide what feels reasonable in uncertain situations.

Crafting better messages

Based on these findings, we conducted a follow-up study. This time, we used our research to design an intervention that would stop panic buying, then tested its effectiveness on a sample of Australian community members.

We showed them a video that described supply chains as stable and emphasised why buying normally helps the community and protects vulnerable people. It also highlighted the fact that most people were behaving responsibly and appealed to shared values about doing the right thing.

This successfully reduced people's intentions to stockpile. It also measurably shifted their attitudes and perceptions of social norms. And they saw choosing not to stockpile as less risky.

Lessons we can learn

So, what can we learn as a community to help us curb panic buying this time around?

To actually reduce panic buying, smart messaging needs to respect people's intelligence and acknowledge their fears. It can do that by providing reassurance while still acknowledging the disruptions they're seeing are real. People can then reassess whether stockpiling is truly necessary.

The current oil shock has flowed through to prices at the fuel pump almost immediately. This could exacerbate some of the psychological factors driving panic buying.

That makes how the situation is communicated even more important. Our research suggests panic buying is driven less by selfishness and more by how people perceive risk and decide what feels reasonable during uncertainty.

With fuel shortages and visible price rises likely amplifying these perceptions, the focus should be on reassurance, normalising responsible behaviour, and appealing to people's sense of responsibility to their community.

(By Jacob Keech, Griffith University and Karina Rune, University of the Sunshine Coast Gold Coast, The Conversation)

MIRRORLIGHTS

'Eating for two'? Doctors warn myth may increase risk of gestational diabetes during pregnancy

For generations, pregnant women have been told, "You're eating for two now." It is often repeated lovingly by family members and friends, accompanied by extra servings at the dinner table and encouragement to indulge cravings.

However, modern medical science warns that this well-intentioned advice may be one of the most persistent myths surrounding pregnancy nutrition.

Health experts warn that interpreting the advice literally can lead to excessive calorie intake, unhealthy weight gain and a higher risk of Gestational Diabetes Mellitus (GDM), a condition that affects blood sugar levels during pregnancy.

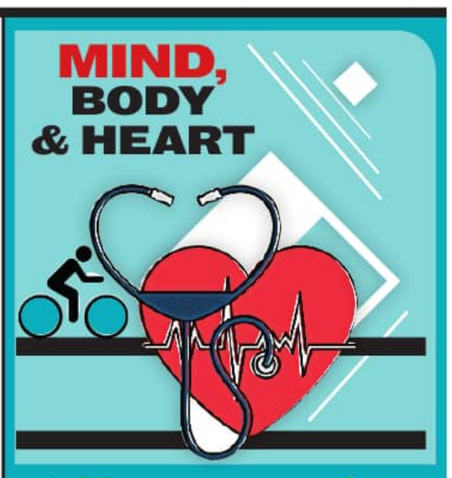
In reality, specialists say pregnancy requires better nutrition, not more food.

"The idea of 'eating for two' is misleading," said Dr Tripti Raheja, Director of Obstetrics and Gynaecology at the CK Birla Hospital in Delhi, while speaking to ANI.

Nutrition experts note that calorie requirements increase only gradually as the pregnancy progresses. According to Garima Chaudhary, dietitian and nutritionist at Cloudnine Group of Hospitals, energy needs typically remain unchanged during the first trimester, when the developing fetus is still very small.

"Calorie needs increase gradually, not dramatically," Chaudhary explained, adding, "For women with a normal body mass index, there is usually no need for additional calories in the first trimester. In the second trimester, around 340 extra calories per day may be required, and in the third trimester, about 450. The key is nutrient-dense foods, not larger portions."

These requirements can vary depending on factors such as pre-pregnancy weight, activity levels, and whether the pregnancy involves twins. However, the overarching principle remains the same: the focus should be on nutrient-dense foods rather than larger portions. —ANI



All you need to know about...

Codependent friendships

Friendships are meant to feel supportive, comforting and uplifting. But sometimes, a bond that feels incredibly close can slowly turn into something more emotionally dependent than healthy. If you've ever wondered whether your friendship is a little too intertwined, these signs might reveal that your best friend is actually in a codependent dynamic with you.

Emotional responsibility
In a healthy friendship, you care about how the other person feels but you don't feel responsible for fixing every emotion they experience. In a codependent dynamic, however, your best friend may rely on you to regulate their moods and you might feel the same pressure toward them.

Dependence for decisions
A close friendship naturally involves sharing opinions and advice, but a codependent dynamic often goes a step further. If you find that neither of you can make even small decisions without consulting the other first, it may indicate an unhealthy level of dependence.

Lack of boundaries
Boundaries are essential in every relationship, including friendships. But in a codependent friendship, personal boundaries often blur or disappear completely. Your best friend might expect to know every detail of your life and you may feel uncomfortable keeping certain things private.

Caretaker role
Codependent friendships often involve an imbalance where one person consistently takes on the role of the fixer or caretaker.

Guilt for time away
Healthy friendships allow both people to have independent lives outside the relationship. In a codependent dynamic, however, spending time apart can bring feelings of guilt or anxiety.

—Femina

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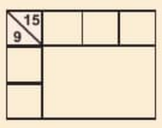
SOLVE IT IN A MINUTE

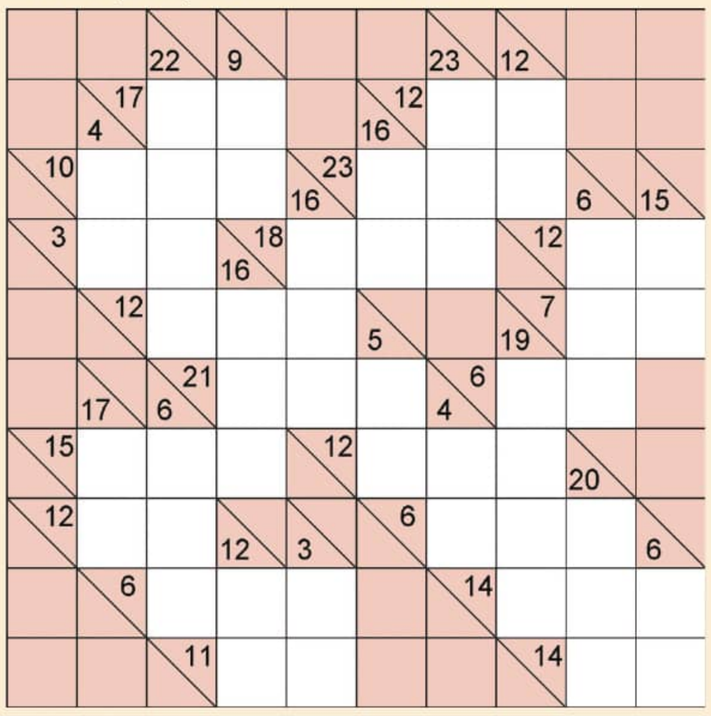
$\sqrt[3]{[6.4\%]} = ?$

Kakuro

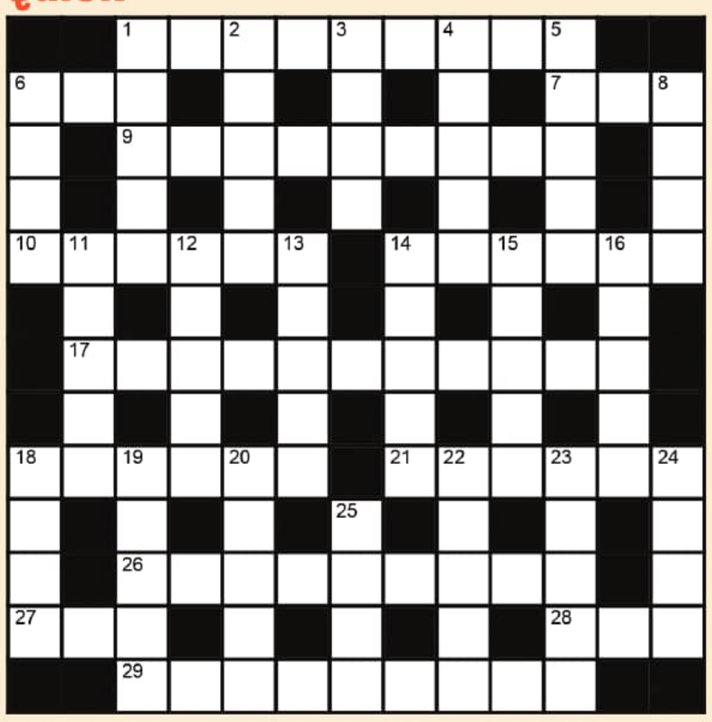
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Bangalore's largest lake (9)
6 Pastoral sound (3)
7 Sturdy tree (3)
9 Tactical (9)
10 Physician (6)
14 Not go to bed (4,2)
17 Jeffrey Archer's most famous novel? (4,3,4)
18 Deduces by reasoning (6)
21 Something seldom seen (6)
26 South Indian state (5,4)
27 Incorporated, in short (3)
28 Annoy (3)
29 Truthful, unpretentious or honest (9)

DOWN

1 Fundamental (5)
2 Slow musical tempo (5)
3 Poker stake (4)
4 Toe or finger? (5)
5 Title role for Sylvester Stallone (5)
6 Union or connection (4)
8 ___ mum : say nothing? (4)
11 Made of hardwood, should we say? (5)
12 Stretched tight, (5)
13 ___ one's ugly head : makes one's unwanted presence felt? (5)
14 Jewish feast–"reeds" anagram? (5)
15 Traffic-signal colour (5)
16 Dark, not lighted (5)
18 S. Indian snack (4)
19 Get or bring (5)
20 Burma anagram for a dance? (5)
22 Surprise completely (5)
23 Eskimo (5)
24 Expression of disgust (4)
25 Coagulate (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: D EQUALS T

GSYPDOYPG LSVM XSL OG DNP GSVMWP SR LSVM GYOBP, JVD GSYPDOYPG LSVM GYOBP WFK JP DNP GSVMWP SR LSVM XSL

Linemaro

Do you have the time? I mean, to write my number down

Mindchow

Opposition may become sweet to a man when he has christened it persecution

Joke of the day

Buffet is a French word that means 'get up and get it yourself'

Loop

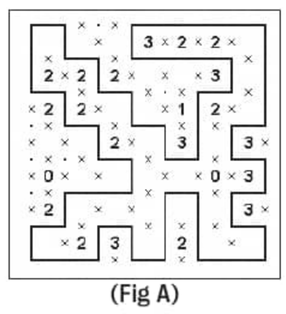
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

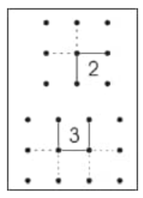
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

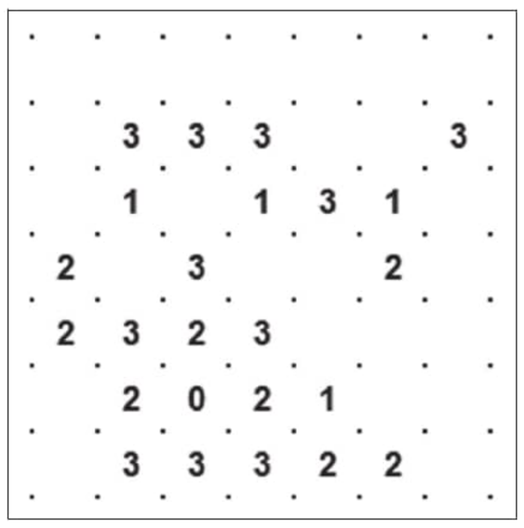
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



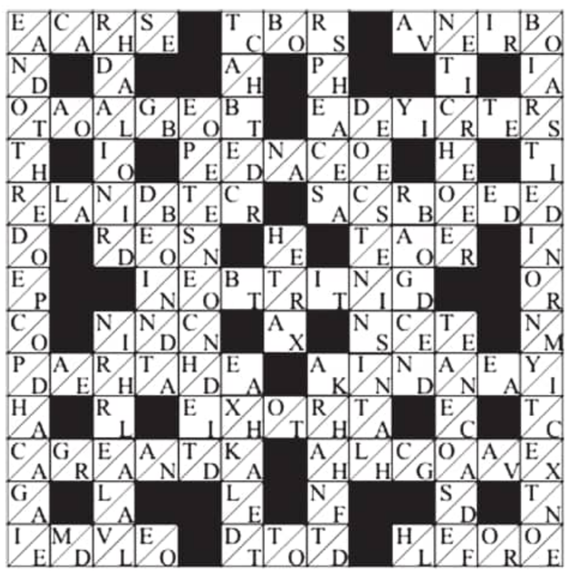
(Fig A)



(Fig B) Not Allowed



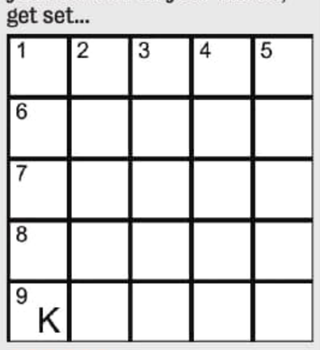
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Hakas; 6 Ostia; 7 Or sir; 8 Teaks; 9 Put AK

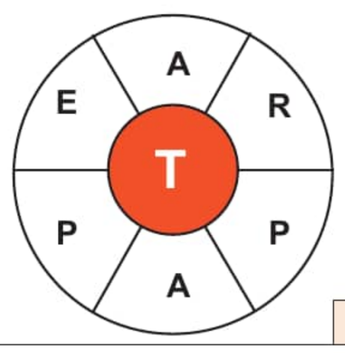
DOWN

1 Ok Ski; 2 A taro; 3 Parts; 4 Auk hi; 5 Sates

Mensapuzzle

Which number fills the gap in the last circle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 12 Good; 14 Outstanding

SudokuChallenge

7			8	4	1			
		8				4		
6	2					3		
9			5	3		8		7
4		7		9	2			1
		1					8	3
		9				2		
			2	5	8			9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 4

2 6 4 4

Medium = 16

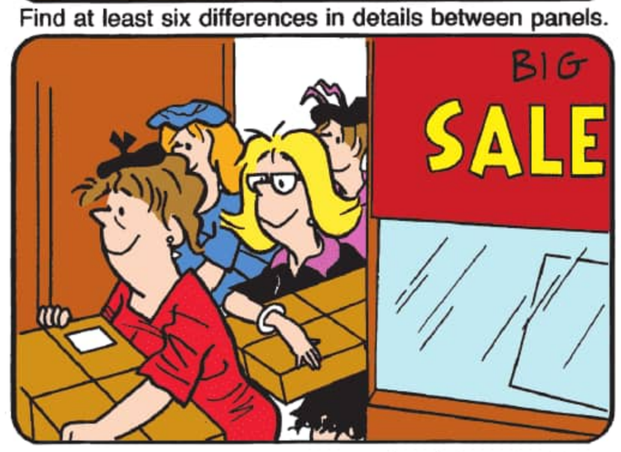
7 8 8 2

Hard = 4

2 4 6 8

Hocusfocus

Find at least six differences in details between panels.



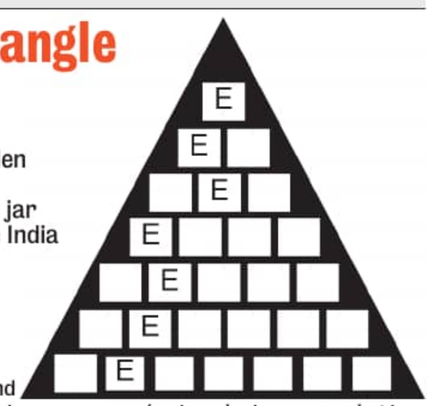
Differences: 1. Hat is smaller. 2. Glasses are different. 3. Hand is different. 4. Letters are smaller. 5. Word is different. 6. Label is on box.

Riddler

What always comes into the house through the keyhole?

Alpha triangle

1 Second vowel
2 Editor, abbr.
3 Scottish river
4 The perfect garden
5 Poor
6 Static electricity jar
7 _ populated : like India or China?



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye

WOE!! I'VE FEMINIZED THE DUNDER WOMEN AND LOST MY POPEYE!
WHEEeee!
THERE IS ONLY ONE THING TO DO!
I WILL FEMINIZE MYSELF!
VERY FRENCH PERFUME
6-11
popeye.com
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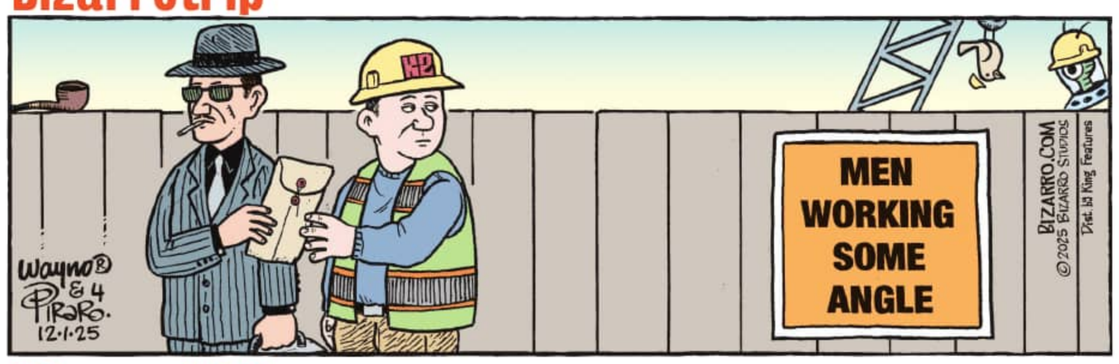
Bizarrotrip



Diamond Lil

Y'ALL MART H.Q.: WE NEED ANOTHER HOLIDAY GREETER FOR THE TURKEY KNUCKLE STORE. WHO DO WE HAVE ON FILE?
LILLIAN BILIOUS, AND A PAROLED AX MURDERER
REALLY?!
©2014 creators.com
www.creators.com
BUT THE AX MURDERER CAN'T WORK WEEKENDS
WELL, DARN
Bartkett

Hart of the city

I THINK THESE TEENS ARE THE MAIN CHARACTERS! LET'S FOLLOW THEM!
FERRIS BUELLER'S DAY OFF (1986)
HEART OF THE CITY © 2025 ANDREWS MCMEEL
NICE CATCH!
ART MUSEUM, BASEBALL GAME... THIS FERRIS KID KNOWS HOW TO PLAN A GOOD DAY.
WE GOTTA SKIP SCHOOL LIKE HIM SOME TIME!
I DON'T KNOW IF THAT'S THE LESSON TO BE LEARNED HERE.
@COMICS.COM/HEARTOFTHECITY

Crankshaft

I'VE JUST BEEN TOLD THAT OUR BOWLING TEAM HAS MADE THE FINAL ROUND IN THE HOLIDAY TOURNAMENT AT MARGO LANES!
WHO'S OUR OPPONENT?
WHO CARES? AFTER SATURDAY, THEY'LL JUST BE CALLED LOSERS!
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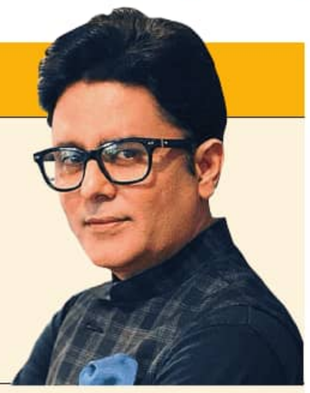
BATIUK & DAVIS

Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

Imagination colours your day beautifully. Love feels romantic and gently expressive. Career paths open through creativity and empathy. Financial clarity improves when you avoid over thinking. Travel inspires dreams and fresh perspectives. Home feels like a safe retreat, perfect for recharging. Trusting your emotional intelligence helps you make choices that feel aligned and rewarding.

Aries Mar 21 – Apr 20

Be firm today with people who think you're easily swayed. Make it clear that where you lead, interference isn't tolerated, and decisions remain yours alone without negotiation ever at all.

Taurus Apr 21 – May 20

Something important has been overlooked and must be identified, then integrated into your plans. If clarity escapes you, consult a trusted friend for perspective and practical guidance today right now.

Gemini May 21 – Jun 21

You can impress influential people today, but don't exaggerate your abilities. With the planets highlighting career matters, honesty is crucial; promise only what you can truly deliver successfully with integrity and confidence.

Cancer Jun 22 – July 23

Forcing others to act against beliefs invites rebellion. Respect differences, seek common ground, and concentrate on shared values; you still agree on more than you realize together right now today.

Leo Jul 24 – Aug 23

Pay close attention to what partners or colleagues say today; they notice links you might miss. No one knows everything, so release pressure to have all answers yourself right now.

Virgo Aug 24 – Sep 23

Unwelcome criticism arrives from home or work today. You may ignore it, yet inwardly you know it's necessary feedback, so don't react defensively or take things personally, pause, reflect, calmly.

Libra Sep 24 – Oct 22

It's tempting to imagine hidden enemies, but planets deny conspiracies. Control imagination, rely on evidence, and focus on facts rather than dramatic fantasies today, stay grounded, realistic, rational, composed, clearheaded.

Scorpio Oct 23 – Nov 22

Disagreements are natural and needn't damage love. Accept differing viewpoints, offer tolerance, and remember others accommodate you too within relationships with patience, empathy, maturity, flexibility, understanding, kindness, balance, respect, daily.

Sagittarius Nov 23 – Dec 22

Creative urges push you forward, yet obstacles suggest pausing. Take the hint, slow momentum, and wait; timing may simply be wrong today for action, progress, decisions, moves, risks, leaps, now.

Capricorn Dec 23 – Jan 20

Several paths appear available, but only one leads directly to goals. Events within twenty four hours reveal direction; then proceed decisively without hesitation, doubt, fear, delay, excuses, distractions, deviation, stopping.

Aquarius Jan 21 – Feb 19

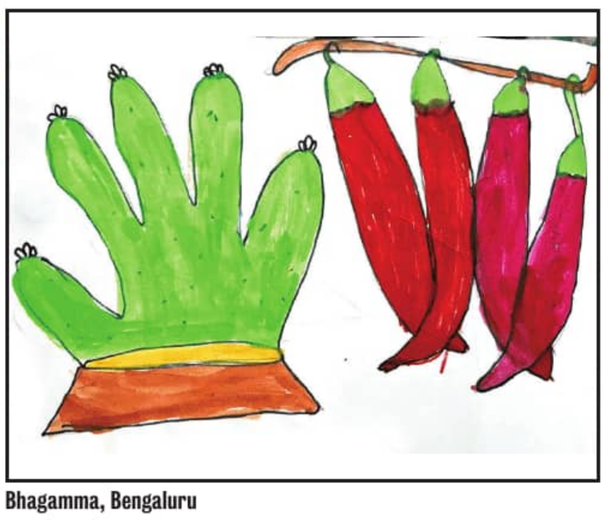
Keep spending minimal today and distance yourself from people eager to use your money. Today warns once giving starts, it's hard to stop and resources are limited, finite, precious, guarded.

Pisces Feb 20 – Mar 20

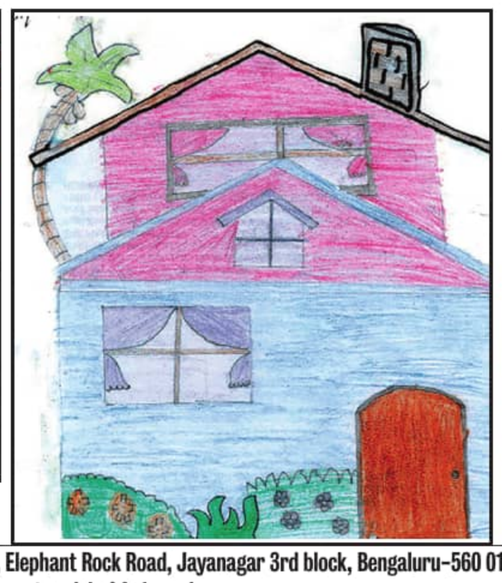
Ambition is strong, yet constraints limit action. You needn't rush; choose rest, pause plans, and grant yourself a quiet day to recharge, reflect, recover, reset, breathe, patiently, calmly, fully.

www.sundeepkochar.com

KIDZONE



Bhagamma, Bengaluru



Siya, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

(6.4 / 100)^1/3
= (64 / 1000)^1/3
= 4 / 10 = 0.4 ×100 =
40%

BULL'S EYE

apart, PARAPET, part, prate, peat, rate, tape, taper, tarp, tear, trap

STRIKE OUT

QUICK

MENSA PUZZLE

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

2. For each circle multiply the top two numbers together to give a 2 digit value, written in the bottom segments.

SUDOKU

7	3	5	8	4	1	6	9	2
1	9	8	3	2	6	4	7	5
6	2	4	9	7	5	3	1	8
9	1	2	5	3	4	8	6	7
5	6	3	1	8	7	9	2	4
4	8	7	6	9	2	5	3	1
2	5	1	4	6	9	7	8	3
8	4	9	7	1	3	2	5	6
3	7	6	2	5	8	1	4	9

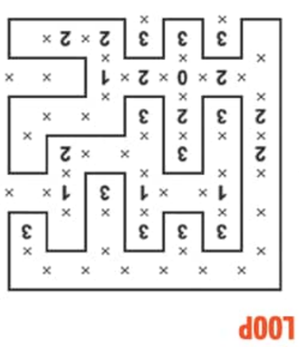
ALPHA TRIANGLE

E, Ed, Dee, Eden, Needy, Leyden, Densely.

GO FIGURE

Easy
2 + 4 − 6 + 4 = 4
Medium
8 − 7 x 2 x 8 = 16
Hard
4 + 2 + 6 − 8 = 4

LOOP



KAKURO

RIDDLER

The key

FAST FIVE

K	A	S	H	A	
I	O	T	A	S	
O	R	R	I	S	
S	T	A	K	E	
K	A	P	U	T	

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Palme d'Or to Barbra
Barbra Streisand to receive honorary Palme d'Or at Cannes Film Festival 2026

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In a safe space

PC explains why privacy, security matters for Malti to have normal childhood

Priyanka Chopra Jonas has opened up about why she and husband Nick Jonas prefer to keep their daughter Malti Marie away from the public spotlight. Speaking on PEOPLE podcast, the actress shared that as her daughter grows older, she and Nick have become conscious about giving her as much privacy as possible. Priyanka explained that while public curiosity around celebrity children is inevitable, she believes it is important for Malti to have a normal childhood. "As she's growing older, we've started to also kind of just deflect a little bit," Priyanka said. "She moves around a lot, [so we] let her have as much anonymity as she can."

The actress added she does not want her daughter to feel uncomfortable or fearful about public attention. "It is her normal, and people will be curious about her, and I never want her to be fearful of that or judgy or skeptical of the humans that she meets because there are good people in the world," she said.

Priyanka further noted that while awareness of public attention is important, the choice should ultimately belong to Malti. "It's okay for her to be aware of it, but to have a sense of choice, I think will be important," she added.

The actor also spoke about why she often has security present when the family steps out together. "When we have security out and about, it's just... to not be recorded without consent because a lot of that happens," she explained.

Priyanka revealed that there have been instances where people crossed boundaries. She recalled that once a person followed her daughter home from school while recording her, which made her more cautious about her child's safety.

— ETimes

Drop the entourage

In recent times, one has often seen industry insiders talking about the growing cost of the entourage of actors and how it becomes a huge burden on the film's budget and producers. Many producers, directors like Karan Johar, Anurag Kashyap among others have discussed it. Actors like John Abraham also expressed shock to know that the per day fee of a stylist goes up to Rs 1 lakh and more.

Taapsee said during an interview with Bollywood Hungama, "I was seeing interviews and a couple of producers were complaining about how stars have so much cost attached to them and they have such a huge entourage cost. They said that stars have 4–5 people following them everywhere."

She went on to say that her own experiences with some of the industry's biggest names suggest otherwise. "Firstly, it is not the case with every star. I have worked with the industry's two biggest stars, Shah Rukh Khan and Akshay Kumar and Amitabh Bachchan also for that matter, but when I was working with Shah Rukh sir there aren't as many people around him. It's a myth that all actors have a huge entourage."

Taapsee also pointed out that producers themselves play a role in sustaining this system.

—ETimes

'Lucky that wife and I are on same page'

In a recent interview, Saif Ali Khan opened up on his marriage with Kareena. He revealed that today he is quite happy and a lot of credit for that goes to his partner Kareena. The actor appeared on Soha Ali Khan on her podcast with Kunal Kemmu. Saif said he feels fortunate to be in a stable and fulfilling marriage today. He admitted that relationships earlier in his life were not always as balanced or satisfying. "I am very lucky that my wife and I have been on the same page," he said.

He added that growing older has brought him greater clarity about relationships. "Relationship-wise I have not always been lucky or settled or super happy, but I am today for various reasons, my maturity, as well as the kindness and understanding of my partner."

Saif also spoke about emotional needs, explaining that insecurities often originate from childhood experiences. According to him, partners sometimes help each other work through those deeper issues. "I can be emotionally needy but it depends… because of the conditioning and the relationship we had with our parents. In a relationship, sometimes your partner helps deal with those issues," he said.

— ETimes

Rihanna, A$AP Rocky, 3 kids were home during shooting

Rihanna, her partner A$AP Rocky, their three children and her mother were all at home when a woman now charged with attempted murder and many other felony counts is alleged to have fired at the property, a prosecutor said Tuesday.

Ivanna Lisette Ortiz, 35, of Orlando, Florida, was charged with attempting to kill Rihanna, along with 10 counts of assault on a person with a semiautomatic firearm and three counts of shooting at an inhabited vehicle or dwelling, authorities said. No one was injured.

The singing superstar and her rap star partner were together in a trailer on the property at the time of the Sunday afternoon shooting, while other family members and staffers were in the Beverly Hills-area home, Los Angeles County District Attorney Nathan Hochman said outside a court hearing.

Inside court, Deputy Public Defender Jamarcus Bradford, Ortiz's attorney, at first entered a plea of not guilty on her behalf, but then withdrew it in favor of postponing arraignment until March 25. She was ordered held on $1.8 million bail.

— AP

SANDALWOOD SHOTS
Y MAHESWARA REDDY

From poet to producer

Amateur poet Lathashree DC from Bijapur makes her debut as a producer in Sandalwood by supporting a women-centric movie, Kiru Nage. The film is about a woman, who sacrifices her happiness in order to follow the family traditions and customs. Lathashree has also written the script.

"I have had a passion for writing poems since childhood. I also wanted to support a woman-oriented movie for quite a long time. Now, I am happy to reach my goal. I am happy that the movie has turned out well," said Lathashree.

The producer said that she has no complaints on the escalation of production cost. "Being a woman, I know how to avoid unnecessary expenditure. The production cost has not escalated. I did not insist on including unnecessary scenes and ensured the movie's shoot is wrapped as per the schedule," she said.

The producer said that she is not acting in the movie. "My aim was to make a good movie not to promote myself on the silver screen," she said.

The movie was shot in Bijapur, Goa, Chikmagalur, Udupi, Mangaluru, Kodagu, Mysuru, and Bengaluru and is directed by Ashok Kadaba.

"Raju Kher, the brother of Bollywood actor Anupam Kher, plays the father of the hero in the movie. Raju Kher wrote the Kannada dialogues in Hindi. He has done a good job," said Kadaba.

The movie features Shruthi, Khushbu, Vijay Raj, Shreesha and others.

By a farmer, for farmers

The title of a Kannada movie in the making was unveiled at SRV Theater on Monday. Maha Kaliputra is produced, directed and led by Girish SM, a farmer. Director Girish Gowda has written the screenplay and also helped Girish with direction. "I am a farmer and I want to dedicate this movie to the farmers of Karnataka. The title of the movie connects with farmers, who worship Goddess Kali before starting agricultural works," said Girish.

The debutant director said the movie will convey a good message to farmers apart from focusing on agrarian problems and innovative methods used in agriculture. "Farmers are toiling from dawn to dusk in fields to cultivate crops and ensure food security for all of us but they are not getting the respect that they deserve from society. The movie has an ox race," he said, adding that the movie will go on floors from March 15.

Girish Gowda, known for the film Maddur Vade, said the film highlights the importance of soil in and around Mandya. "We are in the process of selecting a suitable actress to play the lead role," said Gowda.